

# MENU PLANNER

March 2011

Menu - Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3/1	3/2	3/3	3/4
* Salad Dressing ** Salad Dressing *** PKG Ketchup **** Tarter Sauce		Hot Dog (4oz) Mustard (1) Glazed Carrots (1/2c) Tater Tots (1/2c) Vanilla Pudding Cup Wheat HD Bun (1)	Grilled Pork Bites (4oz) Lima Beans (1/2c) Sautéed Cabbage (1/2c) Fresh Fruit Roll (1)	Chili Mac Casserole (6oz) Peas (1/2c) Whole Kernel Corn (1/2c) Oatmeal Cookie <b>Please do not add cheese</b>	Chicken Fried Chicken Breast (4oz) w brown gravy Broccoli (1/2c) Mashed Potatoes (1/2c) Fresh Fruit <b>Lactose Intolerant</b> <b>Chicken fried chicken w brown gravy</b>

Menu - Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Ash Wednesday		
	3/7	3/8	3/9	3/10	3/11
* Salad dressing ** Salad Dressing *** PKG Ketchup **** Tarter Sauce	Chicken Fajitas (4oz) Picante Sauce (1) Pinto Beans (1/2c) Spanish Rice (1/2c) Strawberry Applesauce Cup Tortilla (1)	BBQ Plate ½ Smoked Sausage & Chicken (4oz) Ranch Style Beans (1/2c) Yellow Squash (1/2c) Fresh Fruit Wheat Bread	Breaded Pollock (4oz) Tartar Sauce (1) Mashed Potatoes (1/2c) Succotash (1/2c) Fresh Fruit Wheat Bread	Turkey & Sandwich Petite Carrots (1/2c) L/F Ranch Dressing (1) Potato Chips (1) Fresh Fruit Multi Grain Bread	Chicken Fajitas (4oz) Picante Sauce (1) Pinto Beans (1/2c) Spanish Rice (1/2c) Strawberry Applesauce Cup Tortilla (1)



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Approved By : Selrico Services

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Menu - Week 3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Salad Dressing ** Salad Dressing *** PKG Ketchup **** Tarter Sauce	3/14	3/15	3/16	3/17	3/18
	Smoked Sausage (4oz) Ranch Style Beans (1/2c) German Potato Salad (1/2c) Fresh Fruit Wheat Roll	Chicken Strips (4oz) Honey Mustard (1) Broccoli (1/2c) Macaroni & Cheese (1/2c) Strawberry Gelatin Cup Roll (1)	Veal Parmesan (4oz) w/ Marinara Sauce Egg Noodles (1/2c) California Blend Veg (1/2c) Spiced Pears <b>No cheese for            Lactose Intolerant</b>	Stuffed Manicotti w/ Meat Sauce (6oz) Mixed Vegetables (1/2c) Green Salad (1/2c) L/F Dressing (1) Hot Spiced Peaches <b>Spaghetti &amp; Meat Sauce            No Cheese</b>	Salisbury Steak (4oz) w/ Brown Gravy Zucchini w/ Tomatoes (1/2c) Diced Beets (1/2c) Fresh Fruit Roll (1)
Menu - Week 4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Salad Dressing ** Salad Dressing *** PKG Ketchup **** Tarter Sauce	3/21	3/22	3/23	3/24	3/25
	Chicken Enchilada Casserole * Tossed Salad w Dressing ½ c French Style Green beans 1/2c fresh fruit <b>Lactose Intolerant            Grilled Patty w Brown            Gravy</b>	Shredded BBQ Beef Coleslaw ½ c Green Beans w Almonds Sliced Apples Crisp Hot 1 wheat HB Bun	Spaghetti & Meatballs (6) In Mariana Sauce ** Tossed Green Salad ½ c Broccoli ½ 1 Wheat Slice Bread Fresh Fruit	Oven Baked Hamburger (Mushrooms/ Onions Burger Fixings/Lettuce Tomato Spinach ½ c *** Oven Baked Fries ½ c Wheat HB Bun Sugar Free Jell-o	****Grilled Lemon Pepper Fish Mashed Potatoes ½ c Waxed Green Beans ½ c 1 Dinner Roll Oatmeal cookie (2)
Menu - Week 5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Salad Dressing ** Salad Dressing *** PKG Ketchup **** Tarter Sauce	3/28	3/29	3/30	3/31	
	Creole Meat Loaf Garlic/ Butter Mashed Potato ½ c Spinach ½ c 1 Wheat Roll Fresh Fruit	Swiss Steak w Tomatoes ½ c Sweet Potatoes ½ c Mixed Greens ½ c 1 Rye Bread Fresh Fruit	Swiss Steak w Tomatoes ½ c Sweet Potatoes ½ c Mixed Greens ½ c 1 Rye Bread Fresh Fruit	Chicken Fajita Mixed Vegetables ½ c Spanish Rice ½ c 1 Tortilla 1 Jello- Cup ½	